



Executive Department
State of Idaho

The Office of the Governor
Proclamation

State Capitol
Boise

WHEREAS adult obesity is and continues to be a public health concern that impacts more than one-third of American adults or 35% of the population; and

WHEREAS 27% of adults in Idaho are obese while another 62 % of adults are either overweight or obese; and

WHEREAS a wealth of peer reviewed scientific data supports the use of yoga in musculoskeletal, organ, and mental health benefits, reducing symptoms of chronic diseases and improving quality of life; and

WHEREAS yoga can be practiced by every citizen and its health benefits enjoyed by the very young to the very old; and

WHEREAS A change in diet and exercise, for many, is an overwhelming task; and

WHEREAS the "lifestyle change" needed to effect these chronic diseases can be simple and easy to integrate into a person's daily activities and mindset; and

WHEREAS the purpose of the "Idaho Health and Yoga Awareness Week" is to serve as a starting point for all Idahoans to discover and/or rediscover a healthy lifestyle; and

WHEREAS brining yoga out into the mainstream, much like jogging, hiking, biking or any other cardiovascular routine, will elevate people's awareness of Yoga and contribute to the health of all Idahoans and their wellbeing; and

WHEREAS to demonstrate these benefits certified yoga instructors from all over the state will teach complimentary yoga classes for the public in yoga studios, parks, schools and medical centers June 3rd through June 9th, 2013.

NOW, THEREFORE I, C.L. "BUTCH" OTTER, Governor of the State of Idaho, do hereby proclaim June 3-9, 2013 to be

**IDAHO HEALTH AND YOGA
AWARENESS WEEK**

in Idaho.



IN WITNESS WHEREOF, I have hereunto set my hand and caused to be affixed the Great Seal of the State of Idaho at the Capitol in Boise on this 3rd day of June in the year of our Lord two thousand and thirteen and of the Independence of the United States of America the two hundred thirty-seventh and of the Statehood of Idaho the one hundred twenty-third.

C.L. "BUTCH" OTTER
GOVERNOR

BEN YSURSA
SECRETARY OF STATE